



## Stir-Fried Vegetables

 Vegetarian  Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



122 kcal

SIDE DISH

### Ingredients

- 2 cups broccoli florets
- 2 medium carrots julienned
- 2 tablespoons cornstarch
- 6 green onions thinly sliced
- 2 medium pasilla peppers green julienned
- 1 teaspoon ground ginger
- 2 tablespoons soya sauce light
- 1 cup chicken broth low-sodium

- 2 medium pasilla peppers sweet red julienned
- 3 tablespoons vegetable oil
- 0.3 cup water cold

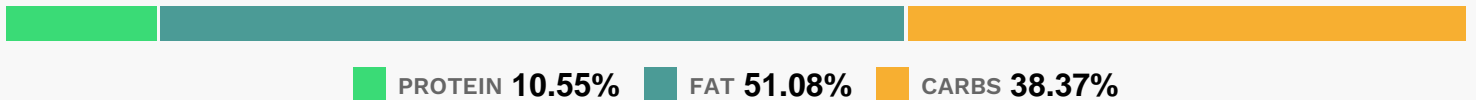
## Equipment

- bowl
- frying pan
- wok

## Directions

- Combine soy sauce and ginger in a small bowl.
- Mix flour, chicken broth, and water in another bowl.
- Heat oil in a large skillet or wok over high heat; cook and stir peppers, carrots, broccoli, and mushrooms until just tender, about 3 minutes.
- Toss vegetables with soy sauce mixture; cook and stir for 1 minute. Gradually stir flour mixture into vegetables; bring to a boil and cook until thickened, about 3 minutes.

## Nutrition Facts



## Properties

Glycemic Index:27.97, Glycemic Load:1.88, Inflammation Score:-10, Nutrition Score:18.039565125237%

## Flavonoids

Luteolin: 2.38mg, Luteolin: 2.38mg, Luteolin: 2.38mg, Luteolin: 2.38mg Kaempferol: 2.62mg, Kaempferol: 2.62mg, Kaempferol: 2.62mg, Kaempferol: 2.62mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.28mg, Quercetin: 3.28mg, Quercetin: 3.28mg, Quercetin: 3.28mg

## Nutrients (% of daily need)

Calories: 122.02kcal (6.1%), Fat: 7.43g (11.43%), Saturated Fat: 1.21g (7.55%), Carbohydrates: 12.55g (4.18%), Net Carbohydrates: 9.26g (3.37%), Sugar: 4.54g (5.05%), Cholesterol: 0mg (0%), Sodium: 376.52mg (16.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.45g (6.9%), Vitamin C: 113.18mg (137.19%), Vitamin A: 5094.33IU (101.89%), Vitamin K: 75.85µg (72.24%), Manganese: 0.35mg (17.36%), Vitamin B6: 0.31mg (15.54%), Folate: 53.99µg (13.5%), Fiber: 3.3g (13.19%), Vitamin E: 1.77mg (11.78%), Potassium: 398.18mg (11.38%), Vitamin B3: 1.84mg (9.22%),

Vitamin B2: 0.12mg (7.25%), Phosphorus: 70.33mg (7.03%), Vitamin B1: 0.09mg (5.95%), Iron: 1.07mg (5.95%),  
Magnesium: 23.62mg (5.91%), Copper: 0.1mg (4.98%), Vitamin B5: 0.43mg (4.27%), Calcium: 39.85mg (3.99%),  
Zinc: 0.45mg (3%), Selenium: 1.2µg (1.71%)